

# T herapeutics

Join the Therapeutics Advisory Committee! We are looking for consumers, parents, advocates, and community representatives to join our committee to identify and assess community needs. Interested? Call (619) 409-5800.

Carmel Wilson C.T.R.S.  
Recreation Supervisor II  
(619) 409-5800

## Membership Fee

Participants can pay an optional annual membership fee of \$40 for residents and \$50 for nonresidents. Members will receive a T-shirt and enjoy discounted admission for dances, field trips and programs. Membership runs September through August. Membership is accepted at any of the programs or may be mailed to: Make checks payable to:

**City of Chula Vista  
Therapeutics Section  
270 F Street  
Chula Vista CA 91910**

## Willing to Help?

The Therapeutics Section provides an excellent opportunity for individuals to lend a helping hand with various activities and programs. Those interested in volunteering their time and effort to a very special group of individuals, call Carmel Wilson at (619) 409-5800. Opportunities are available and will provide invaluable work experience.

## We'd like to hear from you...

The Recreation Department would like to expand its programs for children and adults with physical disabilities. The department is seeking community input; please call with comments/suggestions.

## Inclusion

The City Of Chula Vista Recreation Department is dedicated to serving the needs of everyone in the community through Inclusive Programming. Persons with special needs are encouraged to participate in Department programs. A two week advance notice is required.

**Thursday Night Program** Ages 13+  
CV Woman's Club 7 - 9 pm

This free, drop in program is scheduled for teens and adults with developmental disabilities. Activities include games, exercise, sports, music and special events. Group meets three times per month. Call to register:

**Saturday Program** Ages 6+  
Parkway Center 9 am - 12 pm  
Saturday drop in programs are for persons with developmental disabilities. Free activities include music, art, dancing, games, sports, field trips and special events. Register no later than the Thursday before the program. Group meets three times per month.

## Mark Your Calendar! Special Events:

Oct 25 - Halloween Dance  
Nov 20 - Pilgrims' Potluck  
Dec 20 - Rockin' Reindeer Dance

## Cooking Class

Ages 6+

Parkway Community Center  
A monthly cooking class is offered for participants who are developmentally disabled. This group learns "hands-on" cooking basics while preparing food items to enjoy. Nutrition education and clean up skills are also included in this program. Registration is required. Class is limited to 8 participants.  
Sept 20, Oct 18, Nov 15, Dec 13  
Fee: Members \$2 / Nonmembers \$4

## Jazz Dance

Ages 6+

Loma Verde Recreation Center  
Come and learn basic jazz steps and movements to the "top hits" in this 8-week class. It's a fun way to exercise and learn new dance steps that are designed for children and adults with developmental disabilities. Participants can join at any time.  
Fee: Members \$24 / Nonmembers \$32

## Session 1

Tuesdays, Aug. 5 - Sept. 23

## Session 2

Tuesdays, Oct. 14 - Dec. 9  
7:15 - 8:15 pm

**Young Adults Cub** 16 - 25 years

Loma Verde Recreation Center  
This program is designed for active young adults with developmental disabilities. The focus will be on social interaction, leisure skills and community awareness. Refer to the monthly calendar for details. The fee and program location varies with the activity. Call to register.  
1st & 3rd Friday 7 - 9 pm

## Wheely Sports

Ages 8+

Otay Recreation Center  
This free wheelchair sports program is designed for the active, sports-minded individual with physical disabilities. Participants are welcome to learn how to play wheelchair sports, increase fitness, meet new people and play competitive sports. Group meets three times per month. Call to register.  
Wednesdays 4:30 - 6:30 pm

## Indoor Wheelchair Basketball

Ages 18+

Parkway Community Center  
Open to wheelchair users and nonusers, however each player must use a wheelchair to play. Staff will loan chairs if needed. Athletes of all ability levels are needed. This program is in conjunction with the San Diego XPress wheelchair basketball team practice. FREE! Call to register:  
Practice: Wed evenings 6:45 - 8:30 pm  
Tournament play TBA.

## Kids Included Together (KIT)

KIT is a nonprofit organization that is designed to support programs that serve children with disabilities. We are pleased to announce that the City of Chula Vista Recreation Department has been awarded sustaining grant funding for the upcoming year. This grant will continue to provide Inclusion Aide assistance for children with disabilities and staff training.

## Sunday Leisure Bowling

This bowling program is designed for active children, teens and adults with developmental or physical disabilities. Brunswick Premier Lanes, 845 Lazo Ct.

Fee: Members \$25 / Nonmembers \$35 (add \$6 bowling fee per week)  
Sundays through September 21  
3:30 - 5:30 pm

## Bowling Parties

Join us for special parties:

Oct 26 - Halloween Bowling Party  
Nov 23 - Thanksgiving Bowling Party  
Dec 14 - Holiday Bowling Party

Brunswick Premier Lanes, 845 Lazo Ct.  
(Bowling Party Fee: Members \$6 / Nonmembers \$9)

## Adaptive Fitness

Otay Recreation Center

This morning circuit workout program is designed for teens and adults ages 16 and over with physical disabilities. Otay Recreation Center offers a variety of state-of-the-art equipment to meet fitness goals. The workout will include strength training, toning and cardiovascular work. Registration required.

Mon/Wed/Fri 9:30 - 11 am  
Fee: Resident \$42 / Nonresident \$53